



YWCA Cortland Spring/Summer 2023 Swim, Gym & Recreation Programs

May 1- August 25 | *The YWCA will be closed for shutdown August 28-September 4.*

Children Programs:

Swim Lessons: Swim lessons meet once a week for a six-week session. For the Spring session, choose from Monday, Wednesday, or Saturday Classes. For the Summer session choose from Monday and Wednesday classes. ½ hr. classes: \$42-members/\$54-non-members.

Session 1: Registration; Monday, May 1-May 15. Classes; May 15-June 24. (*No classes May 27 and May 29. Monday and Wednesday classes are a 5-week session*)

Session 2: Registration; Monday, June 26-July 10. Classes; July 10-August 18.

Private Swim Lessons: All private lessons are a half-hour and run in a six-week swim lesson session. Session 1 private lessons meet on Monday, Wednesday, and Friday. Session 2 private swim lessons meet on Monday and Wednesday.

Six-week session: \$72-members/\$84 for non-members. Private lessons follow the swim lesson schedule.

Open Swim: Open Swim is for families and lap and leisure swimmers. Spring Open Swim times are on Tuesday, Wednesday, and Thursday, 7:00-8:00 pm. Friday, 5:00-7:00 pm, and Saturday, 11:00-12:00 pm. Open Swim schedule will end on June 24 and will resume in the Fall.

Single passes: \$5-members/\$7-non-members. *Families of 5 and over, pay 5 members (\$25) or non-members (\$35) only.*

Gymnastics: Spring gymnastic classes will meet on Monday and Friday. Registration will begin on Monday, April 17-May 1. The session will run, from May 1-June 16 (six-weeks). The next session of gymnastics will begin in September.

Pixie Gym: For parents and their toddlers, (ages 1-2). Friday, 5:30-6:15 pm.

Pre-school Gymnastics I: For parents & children ages 2-4. A great introductory class to pre-school gymnastics. Parents work with their child, while taking them through tumbling, beam, and vaulting skills. Games involving gross motor skills will be played. Monday, 5:00-5:45 pm.

Pre-school Gymnastics- A gymnastic class for ages 3-5. Friday, 4:30-5:15 pm.

Beginner Gymnastics- For children ages 5-10. Monday, 6:00-7:00 pm.

45 min. classes: \$48-members/\$60 for non-members | Beginner classes: \$60/members/\$72 non-members



Party & Room Rentals

Pool Parties are one hour of an open swim with a lifeguard on deck plus one hour of room rental. Combo Parties are pool parties with an additional hour of gym time. Pool Parties for groups of more than 25 and any party that runs after 4:00 pm are subject to an additional fee of \$25. The YWCA Gymnasium is also available for rentals, team practices, dances, and parties. Parties run on Saturdays. The YWCA is closed on Saturdays through July and August.

A deposit is required for all parties and gym rentals, to be refunded within a week after the event. The gym, pool, and Osborn Room rental deposit are \$50. The Multi-Purpose Room requires a \$100 deposit.

Pool Parties	Members \$110	Non-Members \$125
Gym & Room Rental	Members \$110	Non-Members \$125
Combo Parties	Members \$145	Non-Members \$160
Gymnasium Rental	Members \$50	Non-Members \$65
Pool Rental	Members \$50	Non-Members \$65

Club and scholastic teams pay \$35/hr if scheduling for more than one hour.

For intimate events, such as bridal and baby showers, or receptions, our vintage Osborn Room provides the perfect setting. For larger events, our Multi-Purpose Room is available for groups of up to 300 at an affordable rate.

Osborn Room:	Members \$60/hr.	Non-Members \$75/hr.
Multi-Purpose:	Members \$70/hr.	Non-Members \$85/hr.

All canceled events are subject to a cancellation fee.

To schedule your party or rental, call (607)753-9651.

Adult Programs:

Personal Training: Get fit and stay motivated with a personal training session in the YWCA weight room. Our certified trainers will work with you to achieve the results you desire. Want to work with a buddy? Small group sessions are also available. Call (607) 753-9651 for small group training pricing.

Cost: 20 sessions: \$550 • 10 sessions: \$300 • 5 sessions: \$160 • 3 sessions: \$105 • 1 session: \$38

Nutrition Coaching: Reach your health goals by working one-on-one with a certified nutrition specialist.

1 session-\$48 • 3 sessions \$105

Pickleball: Spring pickleball times include Monday, Wednesday, and Friday, 9:00-11:00 am. Beginner pickleball meets on Tuesdays, 5:00-7:00 pm. Additional pickleball times include Wednesday, 2:00-4:00 pm, 4:00-6:00 pm, and 6:00-8:00 pm. Summer pickleball will begin on June 26.

Single passes: \$7-member/\$9-non-member • 10 Visit Punch Pass: \$50-member/\$75-non-member

New! Unlimited Pickleball Package:

1 month: Member \$42 Non-Member \$57

3 month: Member \$115 Non-Member \$130

*Pickleball is **free** for members with Silver Sneakers, Silver and Fit, and Renew Active. For more information call (607) 753-9651.*

Other Programs

New! Social Seniors: An excellent opportunity to meet, play games, and socialize. Meets every Wednesday in the Osborn room from 12:00-2:00 pm. Cards and games will be provided. Every first Wednesday of the month there will be a speaker/special program. On May 5, attorney Lorraine Moynahan-Schmidt will discuss trusts and other legal topics. On June 3, we will have a dish to pass luncheon and a sign-up sheet will be available on May 15. We will not have any speakers for the months of July and August. Social Seniors will continue to meet through the summer. For more information, call (607) 753-9651.